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## WE CLAIM:

- 1. An optical data recording medium, comprising:
  - a light transmittable plastic substrate; and
- substrate and containing a hydrogenated amorphous material that is selected from a group consisting of hydrogenated amorphous carbon, hydrogenated amorphous silicon carbide, hydrogenated amorphous boron carbide, hydrogenated amorphous boron nitride, hydrogenated amorphous silicon, and hydrogenated amorphous germanium.
  - 2. The optical data recording medium of Claim 1, wherein said recording layer has a hardness greater than that of said plastic substrate.
  - 3. The optical data recording medium of Claim 1, wherein said hydrogenated amorphous material decomposes and releases hydrogen at a temperature greater than 300°C, whereas said plastic substrate is softened at a temperature in a range of from 80°C to 300°C so as to permit formation of recesses in said plastic substrate as a result of the hydrogen released by said hydrogenated amorphous material.
    - 4. The optical data recording medium of Claim 1, wherein said hydrogenated amorphous material contains 5 to 60 atomic percent hydrogen.
    - 5. The optical data recording medium of Claim 1, wherein said hydrogenated amorphous material is

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hydrogenated amorphous carbon.

- 6. The optical data recording medium of Claim 1, wherein said recording layer has a thickness in a range of from about 30 nm to 2500 nm.
- 7. The optical data recording medium of Claim 1, wherein said plastic substrate is made from a resin material selected from a group consisting of acrylic resins, polycarbonate resins, epoxy resins, and polyolefin resins.
- 10 8. The optical data recording medium of Claim 1, wherein said recording layer is formed on said plastic substrate via plasma assisted chemical vapor deposition techniques by decomposition of a hydrocarbon with a pressure of 20 to 400 milli-torrs and a substrate bias voltage in a range of from 250 to 550 volts.
  - 9. The optical data recording medium of Claim 1, further comprising a reflective layer formed on said recording layer such that said optical data recording medium has a reflectivity greater than 40% in response to a wavelength of from 300 to 900 nm.
  - 10. An optical data recording medium, comprising:
    - a light transmittable plastic substrate; and
- a recording layer formed on said plastic

  25 substrate and made from hydrogenated amorphous carbon
  which contains 5 to 60 atomic percent hydrogen and
  which decomposes and releases hydrogen at a

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temperature greater than 300  $^{\circ}$ C, said plastic substrate being softened at a temperature in a range of from 80  $^{\circ}$ C to 300  $^{\circ}$ C so as to permit formation of recesses in said plastic substrate as a result of the hydrogen released by said hydrogenated amorphous carbon.

- 11. The optical data recording medium of Claim 10, further comprising a reflective layer formed on said recording layer such that said optical data recording medium has a reflectivity greater than 40% in response to a wavelength of from 300 to 900 nm.
- 12. The optical data recording medium of Claim 10, wherein said plastic substrate is made from a resin material selected from a group consisting of acrylic resins, polycarbonate resins, epoxy resins, and polyolefin resins.

13. The optical data recording medium of Claim 10,

- wherein said recording layer is formed on said plastic substrate via plasma assisted chemical vapor deposition techniques by decomposition of a hydrocarbon with a pressure of 20 to 400 milli-torrs and a substrate bias voltage in a range of from 250 to 550 volts.
- 14. The optical data recording medium of Claim 13,
  25 wherein said plastic substrate is held at a temperature of about room temperature during the formation of said recording layer.